



SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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Sacred Heart Opens New Graduate Center in Stamford



PHOTOS COURTESY OF TRACY DEER-MIREK

PRESIDENT JOHN J. PETILLO CUTS THE RIBBON FOR THE BRAND NEW GRADUATE CENTER IN STAMFORD.

BY MATTHEW VOGEL
Staff Reporter

Sacred Heart University celebrated the grand opening of its new graduate building in Stamford. The ribbon cutting ceremony took place on Oct. 22. University President John J. Petillo, provost and Vice President for Academic Affairs Laura Niesen de Abruna, Stamford Mayor Michael Pavia, John F. Welch College of Business Dean John Chalykoff and trustee Linda McMahon were just a few of the guest in attendance at the event.

"We are excited to increase our presence in Stamford. The new Graduate Center offers greater options for our graduate students while giving us an opportunity to build on an already strong relationship with the Stamford community," said Petillo.

Digital marketing and human resource management degrees are the new graduate programs being offered at the Stamford campus through the Welch College of Business. The master's in film and television, the first and only master's degree of its kind in Connecticut, is being offered through the College of Arts and Sciences. The Isabelle Farrington College of Education's certification program in educational leadership and administration is also being offered.

"Beyond these dynamic, appealing, and contemporary communication degrees, four out of five existing SHU programs will be accessible immediately or in the coming year at the new Graduate Center, making it a hub for students who may find it difficult to commute to our Fairfield campus or attend day classes," de Abruna said.

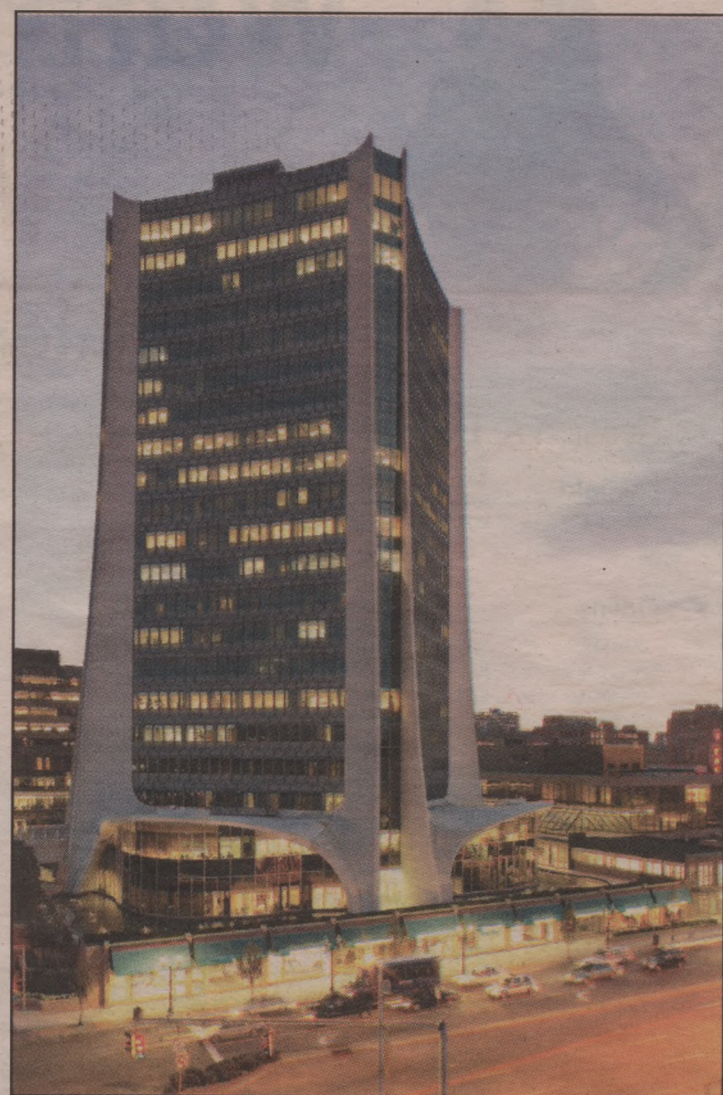
Pavia, a graduate of Sacred Heart University, is thrilled about the new Graduate Center in the heart of his city.

"I am constantly hearing from people who are looking to improve their skills and increase their value in the workplace," said Pavia. "At the same time, I hear from companies that are looking for workers with certain skills. Sacred Heart will fill that niche and create a synergy that will be valuable for all involved."

The Sacred Heart University Graduate Center in Stamford is located in Landmark Square. It is walking distance to the city's Transportation Center and an abundance of restaurants.

Stamford's Landmark Square location will offer 10,000 square feet of classroom, conference and administrative space.

"Sacred Heart University already has established a strong reputation for its service orientation, focused learning, internships,



economic development and educational outreach with local businesses and communities," said de Abruna. "This isn't just an off-site campus - we will offer accelerated, modular and creative programs that maximize opportunities for convenience and value, interact extensively within the region and will be a beacon for working adult students."



News

“Their track program has some simple equipment needs, such as hurdles, shot puts, batons, and agility ladders, that I thought we could help financially support.”
-Professor Wherley

The Trick-or-Treat Trot

THE EXERCISE SCIENCE CLUB HOSTS THEIR SECOND ANNUAL RACE

BY GABRIELLE SCOZZARI
Staff Reporter

On Oct. 21, the Exercise Science Club held their second annual Trick-or-Treat Trot to benefit the Blackham middle school cross country team. The event was held at the Pitt Center.

The race was a 4x1 mile relay around the track. All the teams were encouraged to get into the Halloween spirit and dress up for the cause. The Blackham School is located in Bridgeport and part of the proceeds made from the event went to helping assist the team in purchasing proper equipment such as sneakers, water bottles and nutritional items.

Chris Kinsley, the Blackham School coach, and Valerie Wherley, the Exercise Science Club advisor and an Exercise Science professor at Sacred Heart, teamed up to work together. Many of Wherley’s students also participate in service learning hours with the middle school’s team.

“Through EX 320, I have been able to place several SHU students with coach Kinsley, and they have helped train and coach his middle school students. In addition, they have provided educational information about nutrition, hydration, warming-up, stretching, pacing during runs and cooling down,” said Wherley. “During my student’s experience, they noticed that many of the Blackham athletes were running in improper running shoes, didn’t have water bottles with them during practice and didn’t have appropriate snack options post-workouts.”

Because of the students’ observations, the club established this fundraiser to raise money in a fun way for the cause. The proceeds are benefit those school children that live in the community directly next to Sacred Heart.

“It was hosted by the Exercise Science Club and it went really well,” said senior Sarah Geary, a member of the club. “There was a great turn out and everyone really went all-out for the costumes.”

The EX 320 class has a requirement of 20 hours for service learning that each student needs to accomplish. Working with the Blackham middle school cross country team allows them the opportunity to teach these middle school students everything they can about exercise and nutrition.

“In addition, to further support Blackham, their track program has some simple equipment needs - such as hurdles, shot puts, batons and agility ladders - that I thought we could help financially support,” said Wherley.

The Exercise Science Club members, Exercise Science students, cross country team, Blackham Middle School coach and a wide range of students were all in attendance at this exciting event.

“The afterschool cross country and track and field programs offer a lot for these middle schoolers: structure, discipline, a sense of being part of team, an increased sense of accomplishment, small and larger goals on which to focus, and pride in themselves and their school,” said Wherley.

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Warm Up WITH WINTER@SHU

Winter Intercession 2013-2014

Session A: Dec. 16 - Dec. 27

Fairfield	
PO-218-A	POLITICS PRESIDENT ELECTIONS
Online	
CH-030-AO	CHEMISTRY OF NUTRITION
CJ-232-A	POLICE COMMUNITY RELATIONS
CM-101-AO	INTRO TO MEDIA CULTURE
CS-106-AO	INTRO TO INFO TECH/BUSINESS
MK-201-AO	PRINCIPLES OF MARKETING
PH-101-AO	INTRODUCTION TO PHILOSOPHY
PS-110-AO	INTRODUCTION TO PSYCHOLOGY
PS-215-AO	SOCIAL PSYCH/MICROPROCESSES
PS-241-AO	PSYCHOLOGY OF PERSONALITY
PS-252-AO	CHILD DEVELOPMENT PSYCHOLOGY
PS-295-AO	HEALTH PSYCHOLOGY
PS-301-AO	RESEARCH DESIGN & ANALYSIS I
PS-351-AO	BRAIN AND BEHAVIOR
SM-265-AO	SPORT MARKETING
TRS-101-AO	INTRO TO THE STUDY OF RELIGION

Session B: Dec. 16 - Jan. 10

Fairfield	
ENG-111-A	EFFECTIVE SPEAKING
MU-102-A	HISTORY OF JAZZ
Online	
AN-110-AO	HUMAN CULTURAL DIVERSITY
BI-103-AO	THE HUMAN BODY
BU-257-AO	BUSINESS ETHICS
BU-278-AO	PRINCIPLES INT'L BUSINESS
CJ-246-A	ORGANIZED CRIME
FLO-125-AO	ART OF THINKING
IS-272-AO	DYNAMICS OF INFO TECHNOLOGY
MK-299-AO	SPECIAL TOPICS IN MARKETING
PO-121-AO	INTRO TO AMERICAN GOVERNMENT
PS-302-AO	RESEARCH DESIGN & ANALYSIS II

Session C: Dec. 30 - Jan. 10

Fairfield	
BI-026-A	CONNECTICUT WINTER WILDLIFE
Online	
CH-020-AO	DRUGS & THEIR IMPLICATIONS
CM-256-AO	MAGAZINES & BODY IMAGE
CS-100-AO	INTRO TO INFO TECHNOLOGY
DA-100-AO	INTRO TO DANCE HISTORY
EX-100-A	INTRO TO EXERCISE SCIENCE
HI-223-AO	US HISTORY SINCE 1865
MK-205-AO	ADVERTISING
PH-299-AO	SPECIAL TOPICS IN PHILOSOPHY
PS-111-AO	THINKING CRIT. ABOUT PSY SCIENCE
PS-212-AO	ABNORMAL PSYCHOLOGY
SO-110-AO	SOCIOLOGICAL IMAGINATION
TRS-101-BO	INTRO TO THE STUDY OF RELIGION
TRS-230-AO	HISTORY OF CHRISTIANITY I
TRS-322-AO	THE CHRISTIAN TRINITY

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Perspectives

Students Comment on Red Sox Nation

BY KAITLYN VOSWINKEL
Staff Reporter

Fenway Park was filled with excitement on Oct. 19 when the Boston Red Sox became the American League Division Champions- a big change after finishing in last place the previous year.

Since 2012, the team has experienced both roster changes as well as emotional changes. This year's team not only plays to win, but also plays to show its city and the world that Boston can overcome the devastation that took place after the tragic Boston Marathon bombings.

On April 15, 2013 a terrorist attack took place at this special event- an important tradition to the city. Two bombs exploded at the finish line, killing three people and injuring 260 others. An MIT police officer was also killed during a shoot-out between the bombing suspects. The entire Boston community was shaken by the horror that took place.

After the bombing, the Red Sox were the first to start the healing process. "I remember when it happened, my family and friends looked to the Red Sox for guidance," said freshman Emily Kick. "They are the icon of Boston."

The Red Sox play with a patch on their uniforms that reads "B Strong," as well as a matching patch in the center field grass at Fenway Park and on the iconic Green Monster in left field.

"I think its special that they play for their city and remember everyone who was lost and affected in the Boston Marathon," said sophomore Kristina Pike.

All players on the team seem to enjoy playing baseball not for big paychecks, but for the joy they give their fans. They are willing to put in extra time and want to make their city proud, spending hours outside the park visiting with victims of the Boston tragedy.

"They may not be my favorite team, but I believe they try their hardest and unify Boston," said freshman Alyssa Pearce.

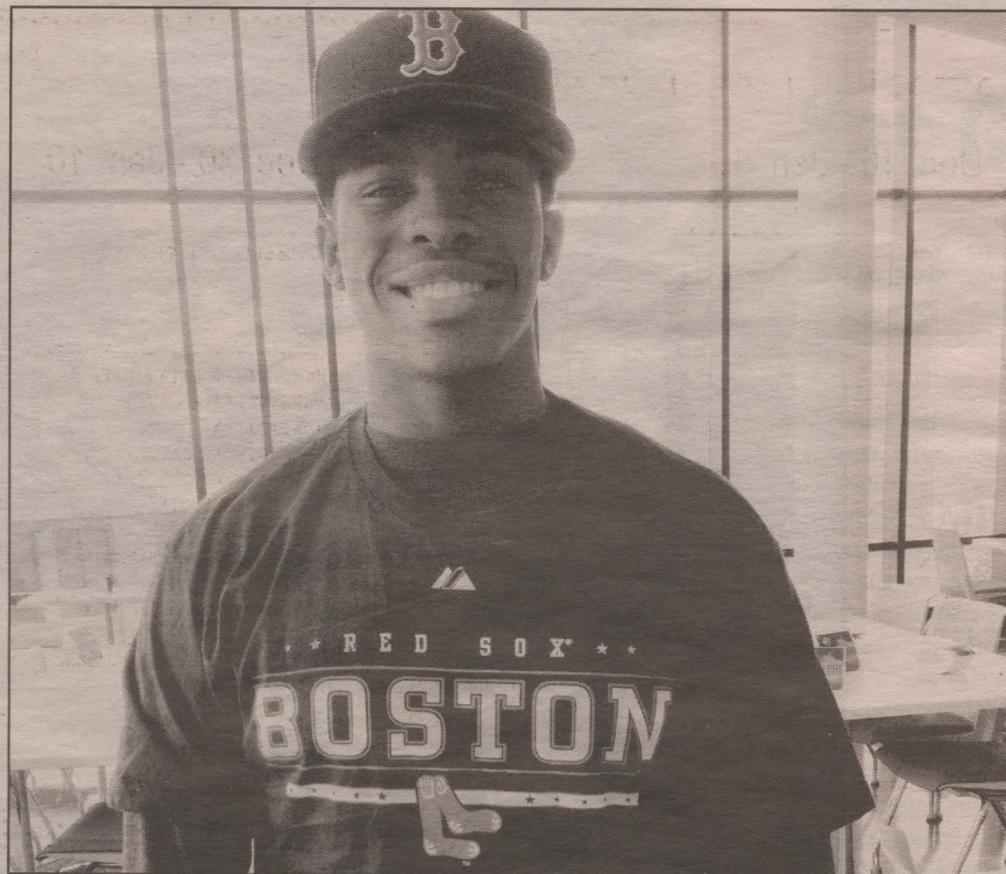
The Sox took supporting Boston a step further by growing out their facial hair. The bearded look unifies the team as well as shows another way to support Boston. An important "Boston Strong" symbol is now represented by facial hair, first started by Jonny Gomes during spring training and since taken up by most of his teammates.

"I think facial hair is a little gross, but I like the meaning behind it," said sophomore Julia Ashworth. "I also think it's nice that any male can grow facial hair and support Boston without spending money."

Some members of the team were reluctant to grow facial hair at first, however, just about everyone now feels it is a good way to support their city as well as bond the team. Twelve team members have even given names to their beards. For instance, John Lackey has named his beard "The Sure Thing."

"I went to Fenway Park and noticed a majority of fans wearing fake and real beards. I think it is a great way to support Boston," said sophomore Rachel Claroni.

During the World Series, all players except one have been wearing facial hair. The Red Sox said while playing they are aware that four angels will be pulling for them.



IAN COTTERELL, JUNIOR AND LOYAL SOX FAN.

THE SPECTRUM/GEORGIA PALLADINO

all HALLOW'S EVE

ANTHONY says...



The best Halloween costumes are always done in groups. Well, unless you're planning on being the Jersey Shore cast; the world doesn't need any more of them. I've seen groups perfectly coordinate the Smurfs, Oompa Loompas and The Flintstones. Solo Halloween costumes are so junior high.

In high school, my friends and I dressed up as Ghostbusters. Another friend of ours dressed up as a ghost. We sent the ghost into the classroom of a teacher we strongly disliked. The Ghostbusters obnoxiously followed to chase the ghost around the room and ruin her lecture. After a minute of plowing through desks trying to tackle the ghost, we ran out of the classroom straight to our cars. Revenge is so sweet. Try having that much fun with solo costumes.

I expect group Halloween costumes to be out in full force this October. Unfortunately, I also expect parties to be crawling with girl groups dressed as Miley Cyrus. The only thing worse than having Miley Cyrus as your daughter is having a daughter that wants to be like Miley Cyrus.

There are a few things to keep in mind before you take a shot at your group Halloween costumes. First, if you're going to go cliché, you have to be confident you will top previous attempts at that costume. Shout out to the rock, paper scissors crew who nailed their costume on senior pub night. Second, if you attempt a group costume, you better plan on sticking together throughout the night. That should be a given when celebrating Halloween in lovely Bridgeport anyway.

Hopefully you've already begun piecing together your group's idea for the year. If not, you can always resort to Manti Teo's girlfriend, which wouldn't require a costume. But keep in mind; pushing aside the cliché is the key to a successful group Halloween.

AMY says...



New England had its first frost a few days ago. We are beginning to experience the falling of fall, as October is coming to a close. It is time for every American college student to weigh the oh so quintessential question: "What the heck am I going to be for Halloween?" The epitome of a "first world" question, I am aware.

To be honest, I am not the biggest Halloween fan. I know this may come as a surprise to some of you because I am very creative and love fantasy worlds but for some reason Halloween just falls short. Could it be the uncomfortable sexual innuendoes that come from every other costume I see? Or maybe it's the established line that is crossed time and time again. I mean I adored it when I was 7, but I guess it just disappoints me now.

I used to revel in the excitement and simplicity that Halloween always yielded. My mom would spend two days sewing my twin sister and me matching costumes. When the clock struck 7 o'clock we had an excuse to annoyingly knock on every door in our neighborhood for about 3 hours. For our sheer identical cutest we were given a handful of candy. Candy! As a 22-year-old, I can't get away with that crap anymore. It's unfortunate. I was a bunny rabbit. I wasn't expected to make witty commentary on a pop culture meme or suggest some government reform by the way I dressed. I just had to throw on some bunny ears and slap on some face paint. With that I was lovingly thrown chocolate covered peanut butter and nugget. How the hell did I let all of this slip through my fingers? Now I'm expected to start thinking about a Halloween costume in August. Last year I was a boxer. I slapped it together 10 minutes before it needed to be worn and I could feel the judgmental stares. Halloween just makes us all insane.

I guess I will leave this as an unresolved issue considering it's one day in October and not very significant to life in general. I will take this embarrassing display of humanity with a grain of salt.

Perspectives

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THE BUZZ ON:

Halloween Costumes

BY JULIA GARVEY
Staff Reporter

With Halloween tomorrow, a popular topic of discussion amongst students is whether to carry on the tradition of dressing up in costumes. Trying to pick out the "perfect" costume is tempting for people of all ages; however participating in Halloween festivities also poses a problem that both children and adults are faced with. At what age is dressing up "too old?"

Some students such as junior Lauren Orifici believe that after the "tween" years, dressing up for Halloween is foolish.

"My group of friends and I don't dress up anymore. We stopped that after eighth grade. In high school, the teachers did not allow us to dress up. They said that it is unnecessary and would be too much of a distraction while trying to learn in school that day," said Orifici.

While Orifici has decided that dressing up at this age is not for her, many other students feel that continuing to dress up as a college student is still acceptable.

"I haven't missed one year of dressing up in a costume. When I was little my parents would always dress up with me and I plan to do the same when I'm an adult," said freshmen Matt Regan.

Regan plans on dressing up all three nights of his weekend, starting on Thursday night.

"There is always something to do on or off campus, so I want to make the most out of having Thursday, Friday and Saturday to celebrate" said Regan.

Along with trying to decipher the rules for how to correctly take part in the holiday, comes another important factor; where there is to go on Halloween night.

"Unless there is a party to go to on Halloween, I don't plan on dressing up" said junior Hannah Dempsey.

Red's, Sacred Heart's on campus pub, provides students over the age of 21 to participate in a "Halloween Party" starting at 8 p.m. Students must be 21 and over to attend, and Red's is encouraging all students and staff to dress up.

When senior Amanda Watkins heard the news of Red's Halloween party she became very excited that her and her group of friends now have somewhere to celebrate.

"Halloween is always so much fun for us, but we were getting concerned that there will be nowhere to go" said Watkins.

When discussing costumes, Watkins said, "We are planning on each being our favorite candy. We got dresses the color of what the wrapping looks like. I'm a snickers bar so I have started decorating my brown dress."

Outtakes employee Isabelle Velazquez looks forward to Halloween at Sacred Heart every year.

"I have seen some of the most outrageous costumes over the past six years that I have worked on campus. One of them includes a life-sized hulk costume, however this year I'm afraid a Miley Cyrus costume might take the cake. It will sure be exciting to see what this year has in store for Sacred Heart."

WHAT HAS BEEN YOUR... Most Creative Halloween Costume?

SENIOR, EMILY NUNES: *Peacock*

SOPHOMORE, SIOBHAN GOODMAN: *Pamela Anderson*

SENIOR, HALEY MAGILL: *An Alaskan*

FRESHMAN, OLIVIA DECAS: *Kesha*

SENIOR, CATIE LADNER: *A Dunkin Donut*

SENIOR, CHRISTA CAPPELLI: *A Starburst*

SOHPOMORE, HEATHER DALEY: *The Wendy's Girl*

SENIOR, JENNIE ROBBINSON: *A Grandma*

JUNIOR, JENNIE POIRIER: *A Skittle*

SENIOR, MARUICE VALLEJO: *Alvin and the Chipmunks*

SENIOR, MICKY AMPHONEDARA: *Jake from State Farm*

JUNIOR, BRIANA CONNELLY:
Curious George and the Man in the Yellow Hat

SENIOR, SARA HANNA: *Scooby Doo*

JUNIOR, AL BRUNO: *Peter Griffin*

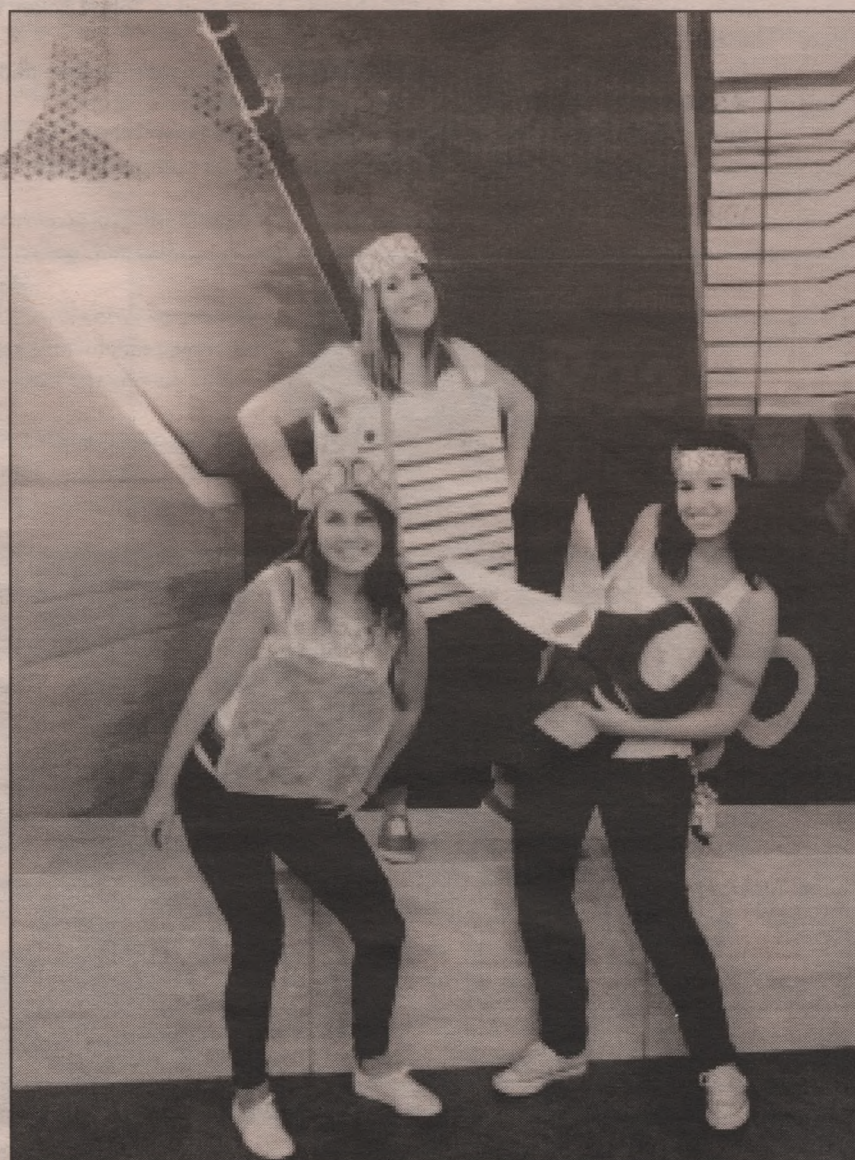


PHOTO COURTESY OF GEORGINA FATIBENE

LEFT TO RIGHT: ROCK IS AMANDA MARANO, PAPER IS SAMANTHA NOVACK, AND THE SCISSORS ARE DANIELLE CORDRAY.

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The Ban on Bottled Water

NATASHA KLINOFF
ASSISTANTFEATURESEEDITOR



In 2010 Concord, MA made an effort to ban the selling of bottled water. This movement was lead by Jean Hill, a Concord local. This ban does not include sparkling or flavored water. Some local businesses expressed anger towards the idea, saying that it would drive people outside of town for shopping, ultimately hurting their business.

In Sept. 2012, Concord became the first town in the United States to ban the selling of individual plastic water bottles. The ban was taken into effect Jan. 1 2013.

Although the law passed, it did not end the controversy. In the summer of 2013, Concord held its annual town meeting and a petitioner worked to repeal the ban. Although the entire town does not agree with the ban, the majority does, and as a result, the attempt to repeal the law failed by 66 votes.

This commotion in my hometown, over bottled water interested me. It was amazing to see how something like plastic can alter a community. Walking down the street, I saw cars with bumper stickers and people with t-shirts that read, "Free the Water!"

Going into the 7-Eleven down the street from my house, I forgot about the ban. In my search for bottled water, I noticed that the 7-Eleven started selling boxed water. In a tall white carton, with black lettering, the box read, "Boxed Water is Better."

Out of curiosity I bought a box of water, and it was just as cold, refreshing, and satisfying as if it came from a bottle. Boxed water seemed like such a simple solution. The water tasted the same, but it was more environmentally friendly.

Seeing what was going on in my hometown, I became more aware of how many plastic water bottles I saw circulating campus. A reusable water bottle from the bookstore is \$16 whereas the reusable water bottle from outtakes is an average of \$2. With the water filters available all over campus, it is not only more cost-effective, but it is also better for the environment to use a reusable water bottle.

The International Bottled Water Association stated that in 2012 the U.S. spent a total of \$11.8 billion on bottled water sales, and it is estimated to continue to increase. The Beverage Marketing Corporation found that the consumption of bottled water increased by 6.2 percent in the past year.

According to News Watch, 16 collegiate schools in the U.S. and Canada have taken steps in banning the sale of bottled water on campus. This year, Loyola University joined the University of Vermont, Washington University, DePauw University, and Harvard's School of Public Health in the banning of bottled water in campus stores.

Schools that have put the ban into effect are a result of a movement by their students. Changes were made on campuses because the students took the initiative to make a difference.

The average person drinks between 80 and 100 bottles of water a month. Something as small as using a reusable water bottle can make a big difference. Schools and communities have worked to open the nations eyes to a very fixable problem. Every small step away from a bottle of water is helping the world become a cleaner and more environmentally friendly place.



Pope Francis: A New Pope for a New Era

COLLEEN CROWLEY
ASSISTANTPERSPECTIVESEEDITOR

On February 11, 2013, Pope Benedict XVI made the historic announcement that he would resign from the papacy. He stepped down from his position on February 28 and on March 13, 2013, Jorge Mario Bergoglio took the name Francis I and became the 266th leader of the Roman Catholic Church. He is the first Jesuit to assume the papacy and has been creating headlines since his first day on the job. Thankfully, these headlines are not all about sex scandals and the flaws of the Roman Catholic Church. Instead, they are about Pope Francis's humility and his push to return to the idea of loving one another, a main concept of Christianity.

Coming from a Roman Catholic background, it is wonderful to finally hear something positive about the earthly leader of my faith. As an institution, the Roman Catholic Church has been marred by sex scandals, abuse of power, and a number of other problems. While these issues are certainly important, I feel like it is easy to get wrapped up in them and forget to live the teachings of Christianity. Through his example, Francis is reminding us to live humbly and to love others.

The life of the pope has traditionally been comfortable, to say the least. Although Francis has the papal apartments of the Apostolic Palace at his disposal, he has chosen to reside in the papal guest house. He walks to work, did not go on a summer retreat to Castel Gandolfo, and he rejects lavish ceremonial dress

in favor of a humbler image.

In addition to living a simpler life than his predecessors, Francis strongly emphasizes helping the poor and marginalized. As archbishop in Buenos Aires, he washed the feet of the less fortunate on Holy Thursday. On his first Holy Thursday as pope, when traditionally the pope washes the feet of 12 priests, he went to a youth detention center and washed the feet of inmates, two of which were women, one of which was Muslim.

This kind of behavior exemplifies Francis's goal of creating a more inclusive church. It is incredibly exciting to see Francis focusing on the good that Christianity has to offer. If you read his Twitter feed, it's all about love and serving others. His entry on October 8 reads "The secret of Christian living is love. Only love fills the empty spaces caused by evil." In a recent interview with the Italian Jesuit journal La Civiltà Cattolica, Francis said that the church has become obsessed with abortion, contraception and homosexuality. According to the New York Times, in response to a question about homosexual priests during a different interview, he said "If someone is gay and he searches for the Lord and has good will, who am I to judge?"

I respect Francis I greatly for the compassionate example he is setting. While it is unfair to expect him to rid the Roman Catholic Church of all its problems, I believe his papacy will breathe new life into the Church.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material.

We are not responsible for the opinions of the writers voiced in this forum.

Features

“This club isn’t about picketing Planned Parenthood or judgment or condemnation, those kinds of attitudes devalue life. We want to support life, celebrate it and defend it.”
- Shawnee Zyskowski

Nursing Trip to Jamaica

Nursing students touch lives around the world

BY NADIA JOURABCHI

Staff Reporter

Sacred Heart University recently welcomed back its nursing students from Jamaica. The nursing program offers a trip to Kingston, Jamaica every year.

The program helps students have real experiences and connect with the patients they serve. Their patients are mainly children.

“The ages of the patients varied anywhere from twelve months of age, to eighteen years,” said nursing professor Sherry Watson.

For many of the nursing students, this was their first field experience with pediatric care.

“I believe working with children allows me to become a more caring and compassionate nurse,” said senior Julie Lally. “The majority of what we have learned in our program is adult nursing and now incorporating pediatrics allows me to see a different side of health care.”

Over the course of the week students, professors and two certified physicians provided free nutritious meals and medical care for the children of Kingston. Due to the incapability of being able to afford medicine or food, many illness are developed among the Jamaican children.

“We are simply serving the children of Jamaica and



PHOTO COURTESY OF CARA CAHILL

NURSING STUDENTS SPREAD SMILES ON THEIR MISSION TRIP TO JAMAICA.

want them to remember the week with us, as a great one,” said former nursing student Natalie Cignatta.

Each nursing student recalls the trip differently, but they all express an immense feeling of gratitude for this opportunity.

“Going to Jamaica enabled me to see a different population’s access to health care. I am lucky enough to be given what I need. The people who came to the clinics many times could not afford medications or services that I have access to every day,” said Lally.

The patients have a variety of complications and illnesses. Some suffer mild colds, which could easily be cured with prescription medication such as Penasilon.

“Others have more life threatening issues,” said Cignatta.

“Many of the patients had either hypertension, diabetes or asthma. Sometimes they do not have access to healthier food options and therefore there is a greater risk

for developing these complications,” said Lally.

Sacred Heart wants its nursing students to be prepared to work in any environment.

“This is why the nursing trip is so beneficial and life changing to many students,” said Watson. “It would be great to have some of our own students spending time in Jamaica, or another country after they graduate.”

Studying to be a nurse is intensive and requires a lot of work and dedication.

“Seeing results and smiles brought to sick patients means I am doing my job right,” said nursing student Lara Kusco.

The trip prepares students to take on the challenges and see the rewards of being a nurse.

“I went into this trip, not realizing the lasting bonds I would form or how I was seen as a savior in the children’s eyes,” said Cignatta.



PHOTO COURTESY OF BRITTANY BATTIS

CATHERINE COATES AND CARA CAHILL HELP A CHILD.

Campus Wide Turkey Drive

BY MEGAN LACKMAN

Staff Reporter

The Turkey Drive is in its third year of existence at Sacred Heart University. Student Government hosts this drive every year around the end of October.

The Turkey Drive is a way that the Sacred Heart community can help Bridgeport families in giving them a memorable thanksgiving.

The Student Government has raised over \$34,000 and donated about 2,150 turkeys. Senior Georgina Fatibene is the community service chair for the class of 2014 and is in charge of running this drive. This year their goal is to raise enough money to purchase at least 800 turkeys. The majority of the donations go to St. Charles Food pantry in Bridgeport.

Last year, even with the natural disasters going on, the drive was able to exceed their goal by 200 turkeys and they hope to be as successful again this year.

“The Sacred heart community, as we all know, are very generous and giving. If it were not for the help and support of our students, faculty and staff, as well as nearby communities, this drive would not be nearly as successful as it is,” said Fatibene.

Emily Cordero, Student Life Graduate Assistant, is also advising the drive. “It’s an honor to help the community chairs in the student government again this year with the turkey drive,” said Cordero. “It’s truly a rewarding experience getting to help families in Bridgeport have a happy Thanksgiving!”

Donations can be made online at www.sacredheart.edu/turkeydrive or you can bring cash or checks to the student activates office.

This year on Nov. 26 the school will be fundraising outside the Stop and Shops and Dunkin Donuts in the Fairfield, Trumbull and Monroe area.

Also a Turkey Drive will be having Tommy the Turkey on Nov. 28 walking around campus taking pictures with students and faculty members for donations.

“The greatest contribution students in the Sacred Heart community can make would be to donate online or donate non perishable food items to the Volunteer Programs office,” said Cordero.

Junior Kim Ronney community service chair for the class of 2015 said, “I think it is an amazing opportunity for the Sacred Heart community and families to give back, and provide not just a turkey to a family but a truly thankful experience and sense of togetherness.”

Heartbeats ProLife Club

BY LAUREN PETTINELLI

Staff Reporter

The Heart Beats ProLife Club is finally making its way back into the picture after years of disappearing on the campus radar. It is a club within the campus ministry that involves many controversial topics, including the main focus on ProLife, and other “right to life” issues such as suicide and euthanasia. The club fizzled after 2010 and now it is back for the 2013-14 school year.

“We mainly want to focus on promoting and respecting life, since it is our most precious gift,” said sophomore Martine Szanto.

Szanto is an active member of the ProLife club, and felt the need to join it with sophomore colleagues Mary Nealon, Molly Stewart and Lauren Doodian. The girls thought it would be a great way to support their faith and stand behind their chosen beliefs.

ProLife arguments on the topic of suicide often include discussions about the affects of bullying.

“Our goal is for people to realize that every single person reading this is a product of ProLife and that we all deserve a good life, so why would we want to negatively affect others’ by bullying or harming them?” said Stewart. “We want

to speak up for the people who have had their right to a meaningful life taken from them.”

As far as the issue on abortion, the group is focusing on supporting mothers who have chosen the pro-life route, and empowering women to do what they believe will make them the most happy.

To follow through with their support, they are participating in the baby shower for the Mothers of Bridgeport on Nov. 6. They are teaming up with Hopeline Pregnancy Crisis Center to provide materials for the mothers that have chosen to keep their baby, including baby formula, diapers and clothing.

The club meets at 8 p.m. every other Wednesday at Campus Ministry. The group already has 20 members and the girls seem to be very excited about the amount of people.

The group was very grateful about the opportunity to get the word of Heartbeat out there, and it’s a process that is just beginning for them.

“This club isn’t about picketing Planned Parenthood or judgment or condemnation, those kinds of attitudes devalue life. We want to support life, celebrate it and defend it,” said Campus Ministry graduate assistant, Shawnee Zyskowski.

Features

“It feels nice to know that just donating \$5 and walking for breast cancer can go such a long way.”
-Hannah Skelley

Pioneers Play 100 Innings

The softball and baseball team face off in a Halloween themed fundraiser

BY TAYLOR LANE

Features Editor

On a normal day at Pioneer Park you usually don't see a team of yellow minions running around the bases. However, Friday Oct. 25 was a different experience. The Sacred Heart Division 1 softball team and baseball team played a Halloween themed 100 inning slow pitch game.

The game was 100 innings of 1 pitch at bats. The players had to swing at every pitch and either hit it or strike out. All of the players on the team occupied the field. It was quite a sight to see more than 20 people on the field when there are usually only 9.

The players really got into the Halloween spirit by dressing up in costume and playing the whole game in them. Some of the most memorable costumes for the baseball team were Michael Phelps, a chicken, a cow, Shrek, a ghost buster, a very well dressed girl in a pencil skirt and heels and an ostrich. The whole softball team dressed up as the minions from movie Despicable Me.

“The slow pitch game was so much fun, our team had a blast. I think a few of the guys struggled with slow pitch but most of the guys made solid contact,” said junior Danny Wartz. “100 innings in costume certainly was interesting.”

The two teams raised money for their pre-season trips and new equipment that is needed. The softball team will be going to California and Florida while the baseball team travels to Louisiana in the early spring of 2014. Each player on the baseball team sent out 30 letters to possible donors in order to fundraise. The softball team collected donation pledges per inning played.

There were lots of hits, homeruns and amazing plays made in some rather constricting costumes.

“It was a good way to bond with our teammates and the softball team. Being dressed up in different costumes and trying to compete against the softball team was amusing to watch,” said sophomore Victor Sorrento.

Even though the game was for fun and most of the athletes were inexperienced at slow pitch, the game had a highly competitive atmosphere.

“The best part was seeing how much fun everyone was having and the competitive streak come out in both teams,” said freshman McKenna Wiegand.

Some game highlights for the softball team were freshman Andrea Sidor's 3 run homerun and junior Justine Sibthorp's 2 run homerun in the same inning. The baseball team made some behind the back catches and lots of double plays. Seniors Dan Perez, Robbie Maguire and Derick Horn each added multiple homeruns for the boys as well as junior Kenny Byram.

Athletic Director Bobby Valentine was in attendance the whole time. The baseball coach even dressed up as Valentine for his costume.

Senior Jade Bowins said, “I loved how Bobby V. stayed for the entire game and was so into it. He spent the entire time cheering us on and coaching us and even got in the pictures with us. He even found humor in the fact that one of the baseball coaches dressed up as him.”

Both teams enjoyed sharing their love of the game with each other.

“I thought it was really cool to see how both teams came together and played as one. We really showed our support and competitiveness toward each other,” said junior Jessica Schild.



THE SPECTRUM/FILIPPE LOBATO

THE BASEBALL AND SOFTBALL TEAM MANAGED TO PLAY THE WHOLE GAME IN THEIR HALLOWEEN COSTUMES.



Making Strides Against Breast Cancer



THE SPECTRUM/VALENTINA DE SANTIS

SACRED HEART STUDENTS WALK THE 5K COURSE AT SHERWOOD ISLAND STATE PARK IN WESTPORT, CT.

BY NATASHA KLINOFF

Asst. Features Editor

On Sunday Oct. 27 Sacred Heart's athletic teams participated in the Making Strides Against Breast Cancer walk at the Sherwood Island State Park in Westport CT. The route was a 5K (3.1 miles long) walk. The walk consisted of 2 laps around the Sherwood Island State Park.

“I do think events such as the breast cancer walk brings the team closer together. It is always a fun day for our team,” said senior Catie Ladner. “We meet up on campus and carpool together and then do the walk as a team. It's nice to get to go out with the team in places that aren't

the rink or the classroom.”

Sacred Heart participants walked with their teams, dressed in pink and Sacred Heart colors.

“Participating in the breast cancer walk means a lot to me,” said Ladner, “My grandma has had breast cancer and so has a really close family friend. I know it means a lot to them that people are willing to take time out of their own lives to support them and others who have suffered.”

The Sacred Heart teams walked along others who came to support finding a cure for breast cancer. A lot of the walkers were family and friends of someone who has fought against breast cancer while others were survivors.

“I think it's incredible and such an honor to walk for such a great cause and it is amazing that so many people were able to get together under a common cause,” said junior Alexandra Davis.

This year's Making Strides Against Breast Cancer walk had thousands of participants and raised over \$510,000.

“It feels nice to know that just by donating \$5 and walking for breast cancer can go such a long way, especially helping those in need,” said freshmen Hanna Skelley.

Not all teams could go to the walk due to athletic commitments, but all teams donated \$5 to the cause in order to show their support.

The walk gave students the opportunity to show their support for family and friends who have battled with cancer. Many of the athletes have personal connections with the community service events they participate in.

“I walked for someone today. I walked for my friend's mom at home. She has had cancer for years now and con-

tinues to fight. It is truly inspirational to walk and see how many people are participating in battle to end cancer,” said Davis.

Many Sacred Heart teams are together six days a week with games and practices. Community service is another opportunity for the Sacred Heart athletics community to come together as a whole.

“Being there together as a team is so beneficial because it gives us a chance to bond in a different way,” said Skelly. “Anyone can participate in this breast cancer walk or any community service event, but to do it as a team really shows the commitment to the community that we have.”



THE SPECTRUM/VALENTINA DE SANTIS

Arts & Entertainment

Freaky Fashion: Costumes Galore

BY MARISA PAPA
Staff Reporter



KEATON MAGNI as **MARIO**

Junior Keaton Mangi took on the character of Mario, dressed from head to toe in a store bought bright red shirt, and blue overalls. Mangi finished the look with the signature black mustache and red hat monogrammed with an "M" for Mario.

"My favorite part about dressing up is obviously the reactions I get from people, as well as just having fun with it." In addition to this videogame character, Mangi will also be dressing up as a werewolf, and a Teletubby this Halloween.



SARAH DEWOLF as **FLAVOR FLAV**

Junior Sarah DeWolf is going out for Halloween this year dressed as musician, comedian and entertainer, Flavor Flav. Buying her costume from Amazon.com for under \$15, DeWolf wore a fur Viking helmet, glittered glasses and a giant clock around her neck. She paired these Flavor Flav signature items with a sequined skirt and striped tank top.

"I think Flavor Flav is a really unique costume because it's something that everyone recognizes, but not a costume that people would expect to see at a party," said DeWolf. "It's something everyone can relate to and think is funny."



JOHN COLETTA as **CLARK KENT**

Junior John Coletta is dressing up as superhero Clark Kent. Coletta is wearing dress pants and a button down white colored shirt. His shirt is unbuttoned halfway, exposing a blue shirt with a Superman emblem on it. Coletta finishes off the look with a thin black tie askew on his neck and black-rimmed glasses.

"Superman is an iconic superhero who dates back generations," said Coletta. "I've always enjoyed the character of Superman, I think what he represents is what makes him such a great character to dress up as for Halloween."

Coletta has talked with friends about dressing up as Bruce Wayne and Lex Luther, adding to the DC comic universe.



THE SPECTRUM/MARISA PAPA

LINDSAY SEPPALA as **RAPUNZEL**

Junior Lindsay Seppala is dressing up as Rapunzel from the popular Disney movie, "Tangled." Seppala was dressed in a floor length purple dress and a blonde wig.

"I picked this costume because my friend wanted to be Pascal, and I thought it would be really fun to be Rapunzel, and have floor-length hair," said Seppala.

She made her entire costume; buying the dress from Marshalls, and constructing the floor-length blonde wig out of rope. "I bought a lot of yellow rope, tied it to two headbands, then unraveled the rope and braided it all together," said Seppala. Rapunzel's hair also had purple flowers adorning the entire length of the wig.

Seppala is dressing up as part of a group costume with friends who are going as Pascal, Rapunzel's chameleon sidekick, Mother Gothel, Rapunzel's evil mother, and Flynn Rider, Rapunzel's love interest.

Dance Kick-off Leaves Students in Awe

BY TARA DURKIN
Staff Reporter

Last Tuesday night, hundreds of students filled the Edgerton Theatre to support SHU Dance Ensemble.

By 9:50 p.m., the Edgerton was packed. Every seat in the room was filled and the aisles were lined with students.

It was then announced at the beginning of the show that the Edgerton Theatre had too many people in it and that if you were not in a seat you had to leave.

The announcer said that this was the first time that they ever had to ask people to leave the Edgerton Theatre due to over-crowding.

"Hearing that the Edgerton Theater was packed out was an incredible feeling," said senior and Treasurer of the E-Board, MariaElena DiStefano. "It is awesome knowing how many people support us on campus."

The recital included the SHU Dance Ensemble (formerly known as SHU FORCE), the SHU Dance Company, the Sacred Heart Dance Team, the SHU Ballroom Dance Ensemble and local college dance groups, making a total of 14 dance performances throughout the night.

"SHU FORCE's last number was amazing because there was so much energy and it was so much fun to watch. I loved their music choices, too," said sophomore Alyssa DeLuca.

From the moment the dancers took the stage, the energy in the room was palpable. The dances ranged from up-beat hip-hop to soothing classical, and the dancers held the room captive with their charismatic dancing.

"They were amazing. I thought that the entire performance, overall, was phenomenal," said sophomore Kaitlyn Nastro, who attended a SHU Ensemble performance for the first time.



THE SPECTRUM/KIERAN MCGIRL

SHU DANCERS PERFORM FOR A PACKED EDGERTON

The complex choreography and the immense details to the performance were well-rehearsed and seemed to come gracefully to the performers on the stage.

"Preparing for the show definitely took a lot of time, energy and team work. The E-Board and Ensemble spent many hours working on and running through the dances for the show. We wanted to put on an amazing show for all of our friends and family," said DiStefano.

Of the show's 14 performances, one included the fraternity Omega Phi Kappa's step routine.

The audience looked in awe of their complex and synchronized motions and beats.

Every group of dancers incorporated their own unique style to the performance and kept the audience engaged.

"There was never a dull moment throughout the entire show. The whole performance was filled with such energy.

It was incredible. I can not wait to attend next year's performance, too," said sophomore Christina Celone.

Though the Edgerton Center was packed full, DiStefano's nerves were quite calm, knowing she would be dancing alongside her fellow dancers.

"Performing on stage is normally nerve-wracking, but knowing that I am dancing beside amazing and talented dancers helps calm my nerves. I love dancing, so I get an indescribable feeling when I am on stage," said DiStefano.

The many members of the SHU FORCE worked together to put on a show that kept hundreds of students in amazement. The women and men of the SHU Ensemble choreographed and articulated production that left the audience wanting more.

"The show was such a success and we received such great feedback. It wouldn't have been possible without the E-Board and Ensemble working hard. Thanks to everyone who came to watch our show," said DiStefano.



THE SPECTRUM/KIERAN MCGIRL

DANCERS WERE EXCITED TO PERFORM FOR A FULL HOUSE

Arts & Entertainment

Celebrity Gossip

BY VALENTINA DE SANTIS
Staff Reporter

It is listened to, read and watched. From TMZ to People Magazine, celebrity gossip seems to be so important in this society that often it is more publicized and intriguing than news that actually affects our everyday lives.

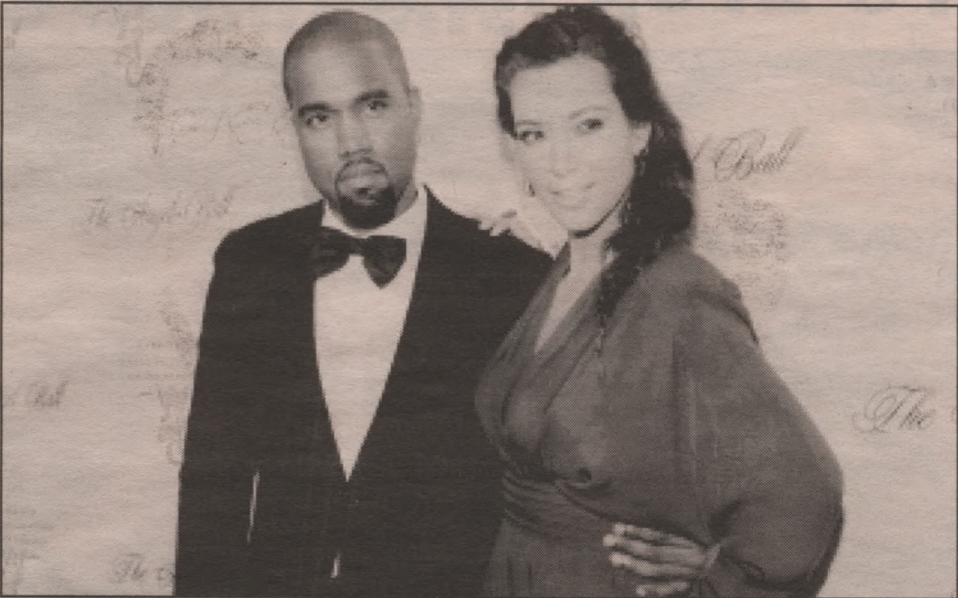
So why is celebrity gossip so praised and studied by many? The instant release of the news right when it happens gives fans a thrill of knowing that they have the “inside scoop” on that celebrity’s life.

“I love reading celebrity gossip. It is entertaining and gives me something to follow and look forward to when I go on the Internet or watch TV,” said sophomore Jenna DePinto.

Fans went crazy when the latest news about Kim Kardashian and Kanye West got released to almost every celebrity gossip and news Web site possible.

If the birth of their baby, North West, didn’t cause enough chaos in the media, Kardashian’s 33rd birthday ended in a way that shocked not only her family, but also us fans.

A 15-carot diamond ring later, AP Exchange reported “Kardashian’s publicist, Ina Treciokas, confirmed Tuesday that the couple are engaged.”



KANYE WEST AND KIM KARDASHIAN AT A RED CARPET EVENT TOGETHER.

“I feel like, hearing this news is like hearing a friend is getting married. I obviously am not friends with her, but it is still exciting since I have been a fan,” said sophomore Sydney Basil.

While there is happy celebrity gossip, disappointing news is always bound to release as well.

Earlier this month, the Jonas Brothers cancelled their 19-date tour two days before their first show.

According to AP Exchange, “Brothers Joe, Kevin and Nick were scheduled to begin their 19-date tour Friday in Upper Darby, Pa. Spokesman Jesse Derris confirmed the cancellation and said fans can get a refund at the point of purchase.”

Fans were disappointed and questioned the only words given to the public that the brothers are in a “deep-rift” and trying to figure everything out.

It wasn’t until Oct. 22 that the

youngest brother, Nick Jonas, tweeted for the first time since the drama. The tweet read, “Bear with us.”

“I never thought the Jonas Brothers would split. They have so many fans of all ages and caused a lot of disappointment with their decision to not only cancel their comeback tour, but to end their music as well,” said senior Chelsea Stumpo.

Reporting on a celebrity that is not in the spotlight as much as others, the first winner of “American Idol,” Kelly Clarkson, got married in Tennessee on Oct. 20 to music manager Brandon Blackstock.

The 31-year-old singer released pictures of her wedding on Monday following with a video of the ceremony.

“Here is a little video of our special day! Thanks to everyone for all of your well wishes!!! #cloud9 #tieitup. ... And a HUGE thanks to my videographer @weis-seubanks for capturing the day so perfectly,” she tweeted.

The video of the ceremony can be watched online.

While news is released every minute of everyday, gossip about celebrities will always be great entertainment for the public, especially young adults.

“Celebrity gossip will never go away, so we might as well get used to it and become interested,” said sophomore Francesca Mainella.

Saturday Night Live: Revamped

BY GIORGIO SCALONE
Staff Reporter

With cast members like Andy Samberg and Seth Meyers parting ways with the popular television show “Saturday Night Live,” a new and revamped group of talent will be taking their place in the show’s 39th season.

Not the only ones to leave, fans find it sad to see Jason Sudekis, Fred Armisen, and Bill Hader depart the show and cast as well.

However, many fans are excited to see the new season get underway and see what the new cast has in store.

“Though it’s sad to see the old cast dismantle, I’m really looking forward to seeing what these new members have in store for this season,” said senior Kristen DiNapoli.

Cecily Strong, a new member, has been announced as the newest “Weekend Update” anchor.

“Cecily was great last week,” said sophomore Steve Reilly, “she really brings her own realm of comedy to “Saturday Night Live.” I was a big fan of the old seasons but I am looking forward to seeing what the rest of the cast has to offer.”

Other students, however, aren’t too excited about the new cast and are hesitant about their performances.

Senior Thomas Burke said “it wasn’t bad, but I don’t think the cast is as strong and comedic as in the past. They’re young, but maybe they have potential.”

In the second episode of this new season, Miley Cyrus joined the new cast as host.

“Her monologue was really funny, she really did a great job keeping the SNL humor flowing,” said junior Angelo Lombardo. “Miley had me laughing the whole time. She looked like a real natural with the other cast members.”

The monologue included references to Cyrus’ new music video for her hit single “Wrecking Ball,” as well as references to her scandalous MTV Video Music Awards performance.

“I felt as if Miley blended in well with the new cast, and with all the media attention she is getting for her behavior, her presence added much more humor,” said junior Michael Cross.

With last Saturday’s episode featuring Katy Perry, it looks like the cast is beginning to gain its footing, and many students agree.

“Katy Perry did a great job on this Saturday’s episode and the cast really pulled through with a lively and really funny episode,” said senior Cathryne Shine.



JAVIER BARDEM AS REINER IN THE FILM, “THE COUNSELOR”.

Kat Gets Reel Movie Review: The Counselor

BY KAT LINDSAY
Assistant A&E Editor

Let me just say, I am usually one to recommend any movie to a friend, colleague, family member, fellow cinephile, etc. But this film? Can’t do that. “The Counselor” is a film about a very respected lawyer who, through one of his clients, ends up in a drug trafficking deal. When the deal goes wrong, everything starts to unfold and the counselor must deal with the repercussions. Starring Michael Fassbender, Penelope Cruz, Cameron Diaz, Javier Bardem, and Brad Pitt - one would think with such a stellar cast you would get an incredible film, but that’s just not the case.

The film really lacked an intriguing story line, and lagged throughout. Every action in the film was highly predictable, and nothing ever jumped out at the viewer. The script, written by veteran Cormac McCarthy, who also wrote “No Country For Old Men,” didn’t pack the punch that the trailer portrayed. The suspense thriller was anything but suspenseful or thrilling...

Director Ridley Scott, who is also a veteran in his field, did not perform as I would have expected. With other films he’s directed, such as “Black Hawk Down,” “Gladiator” and “American Gangster,” it seems he was not in his element during principal photography of this film. He dove too deep into the atmosphere and the surrounding scenery in Mexico, and didn’t use the camera to his advantage. Following the cast members around, to and fro, from location to location.

The actors, as well, did not perform as hoped. The only character whom I found to enjoy watching was Westray, played by Pitt, and he wasn’t even in the film for a long time.

With performances not up to par, I would definitely have to say this movie was a disappointment. One with a lot of hype and potential, but missing the mark by a mile.

KAT'S

RATING:

2.5 of Five Stars

★★★★☆

Sports

FOOTBALL

Pioneers Drop Road Game at SFU



JUNIOR GORDON HILL RETURNS AN INTERCEPTION EARLIER THIS SEASON.

THE SPECTRUM/SEAN ELLIOTT

BY KATIE SHEPARD AND SAM BUTLER
Sports Editor and Assistant Sports Editor

The Sacred Heart football team lost Saturday to the Saint Francis University Red Flash, 24-10, dropping their record to 7-2 on the season and 2-2 in conference.

The Pioneers were held to 10 points, their lowest offensive output of the season. Nothing offensively was clicking for the Pioneers and that was evident on the scoreboard.

"I don't think we played well or our typical Sacred Heart University football," said head coach Mark Nofri. "We need to bring our 'A' game week in and week out."

One of the few positives, from an offensive standpoint, was junior running back Keshaudus Spence, who ran for 138 yards. This marks the third consecutive game that Spence has had 20-plus carries and accumulated over 100 yards on the ground.

Spence, however, wasn't pleased with his efforts and hopes to get back to Sacred Heart football next week. "I can't go out on the field and do things my way," Spence said. "The coaches are coaches for a reason and we got to where we are [7-2] because we've been doing what they taught us."

On defense, the Pioneers tried to hold off the NEC's leading rusher, Kyle Harbridge, who ran for 190 yards on 25 carries. Harbridge came into the game averaging 171 yards per game.

The Pioneers have been strong against the run all season, ranking in the tops of all of college football. But, Saturday was a struggle.

In a first half dominated by both defenses, Sacred Heart led at the half, 7-3, following a touchdown pass from sophomore quarterback RJ Noel to junior tight end Tim Goodwin.

The touchdown was Noel's 19th of the season, a number that is leading the Northeast Conference. Noel has been spectacular this season, leading to him being named

to the Jerry Rice Award Watch List last week. The award is given to the top first-year player in college football.

The Pioneers added a field goal on their second possession of the second half, but that was all the offense could do on the day. The Pioneers were shut out in the fourth quarter.

Noel threw only his fourth interception of the season, but it was timely while the Pioneers were driving and trying to gain momentum.

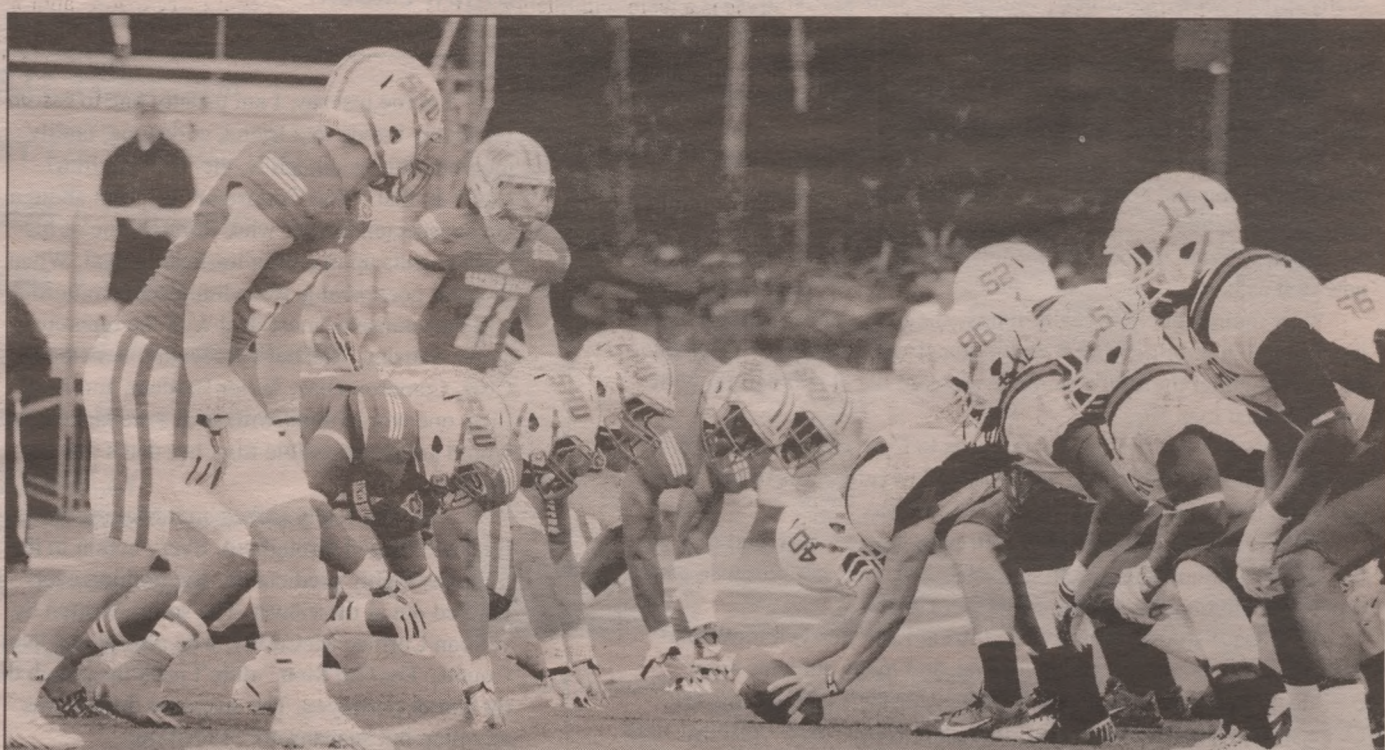
"I do not think I performed well enough to help us get a win," Noel said. "I made some mistakes that shouldn't have been made, that could have changed the outcome of the game."

The Pioneers will have to move on quickly as they will face former NEC rival Monmouth on Saturday back home at Campus Field. Kick-off is at 1 p.m.

"We have to play with a chip on our shoulder," Nofri said. "We have to protect the ball on offense and create turnovers on defense. That's how we won 7 games this year."



THE SPECTRUM/LIZ MASTROCOLA



THE SPECTRUM/SEAN ELLIOTT

Sports

“I know they are hungry to redeem themselves from last year.”
—Jessica Mannetti, Women's Basketball

BASKETBALL

New Look, Same Goal for Pioneer Basketball Teams



THE SPECTRUM/LIZ MASTROCOLA

LEFT: R-FRESHMAN COLE WALTON DUNKS AT SHU HOOPS ON FRIDAY NIGHT.
RIGHT: THE MEN'S BASKETBALL TEAM MAKES THEIR ENTRANCE TO SHU HOOPS.

BY VINNY EBENAU
Contributing Writer

Electricity filled the air at SHU Hoops Madness on Friday, for the unofficial start to basketball season.

Both the men and women's basketball teams have endured busy off-seasons. Men's head coach Dave Bike retired after 35 years on the sideline and former head women's basketball coach, Ed Swanson, left to coach at the College of William and Mary after 23 years at Sacred Heart.

To replace the long-tenured and successful coaches, Sacred Heart University brought in two replacements that bring tremendous energy and love of the game to the court.

The men's replacement was someone who sat next to coach Bike the last few years as an assistant coach, Anthony Latina. The new women's head coach was a former assistant at Hofstra University, Jessica Mannetti.

Both coaches face the tough challenge of competing in a very competitive conference, and they each hope to have similar results come March.

The men finished last season on a somber note, as they failed to make the NEC tournament. However, this year is looking brighter already with a very goal-oriented group of players and coaches.

“Our goal every year is to compete for a league title,” said Latina. “In our league, it comes down to staying healthy and finding a way to win close games. If you're improving every day, the winning takes care of itself.”

Latina's players seem to have the

same sentiments going into the upcoming season.

“The NEC is so competitive to play in and this year, especially, any given night any team can beat the other,” said redshirt junior guard Chris Evans. “I know that we have a very good team.”

Teammates echo the goal.

“Our main goal this year is to be the first Sacred Heart team to win the NEC and make the NCAA tournament,” said senior forward Mostafa Abdel Latif. “We got a new head coach who is doing a great job building a new team.”

This is a team who relies on each other through the course of the season to not only reach their goals collectively, but also bond together as a unit.

“I think the relationship that all the returners share is contagious and makes it easy for the new guys to want to be a part of that bond,” said Evans.

The women's team is coming off an appearance in the WNIT and a second place finish in the NEC last season. For new head coach Jessica Mannetti, there's a goal of achieving great success on and off the court.

“I've been blessed to have great players and really good people on my staff and I think, at the end of the day, the change will be a good one,” said Mannetti. “Our goals are obviously long term at the end of the day, in getting another banner and bringing home another championship.”

This is a team with plenty of muscle in the scoring department, and leading the way is junior guard Gabby Washington.

“Coming into my junior year, I am hoping to just improve and be more of a leader on the team,” said Washington. “I know that we have a completely new

coaching staff and also have brand new freshmen that came in, so I am just hoping to gel together as a team and improve each day.”

For the women, returning to the Big Dance and wearing the glass slippers is a goal at the top of their list. They look to get there as a talented group, but also as a team that is close-knit.

“I have a team of veterans returning and they're hungry. Half of this team knows what it feels like to win a championship,” said Mannetti. “I know we have the resources to do it, I know that we have the talent to do it and I know they are hungry to redeem themselves from last year.”

“We are extremely talented and once we figure out chemistry and how we operate as a team, we will be a force to be reckoned with,” said Washington.

Both teams, aside from winning games on the court en route to winning a championship, see the importance of the fan base at Sacred Heart University.

“We really need you [fans] and we want you to be part of it,” said Latina. “We will try and give you a team that is exciting to watch.”

“I love that we can take so much pride in having the crowd, the student body be our sixth man,” said Mannetti. “We need the students, we're really going to depend on them to generate momentum for us and to come watch the new face of Sacred Heart women's basketball.”

Opening weekend is approaching quickly with the women opening up the 2013-14 season Nov. 8 against St. John's at the Pitt Center. The men will take on cross-town rival Fairfield University Nov. 9 at Harbor Yard.

PLAYbyPLAY

FIELD HOCKEY

10/25

SACRED HEART 0, MONMOUTH 5

10/27

SACRED HEART 0, RIDER 4

MEN'S SOCCER

10/25

SACRED HEART 0, ROBERT MORRIS 5

10/27

SACRED HEART 1, SAINT FRANCIS 2

MEN'S ICE HOCKEY

10/26

SACRED HEART 1, AMERICAN INT'L 4

COMINGup

FIELD HOCKEY

SACRED HEART (4-11) VS.

SIENA (0-13)

Friday, 4 p.m.

SACRED HEART (4-11) @

BRYANT (10-5)

Sunday, 12 p.m.

FOOTBALL

SACRED HEART (7-2) VS.

MONMOUTH (4-4)

Saturday, 1 p.m.

VOLLEYBALL

SACRED HEART (12-11) @

FAIRFIELD (11-11)

Wednesday, 7 p.m.

SACRED HEART (12-11) VS.

FAIRLEIGH DICKINSON (2-21)

Saturday, 7 p.m.



THE SPECTRUM/LIZ MASTROCOLA

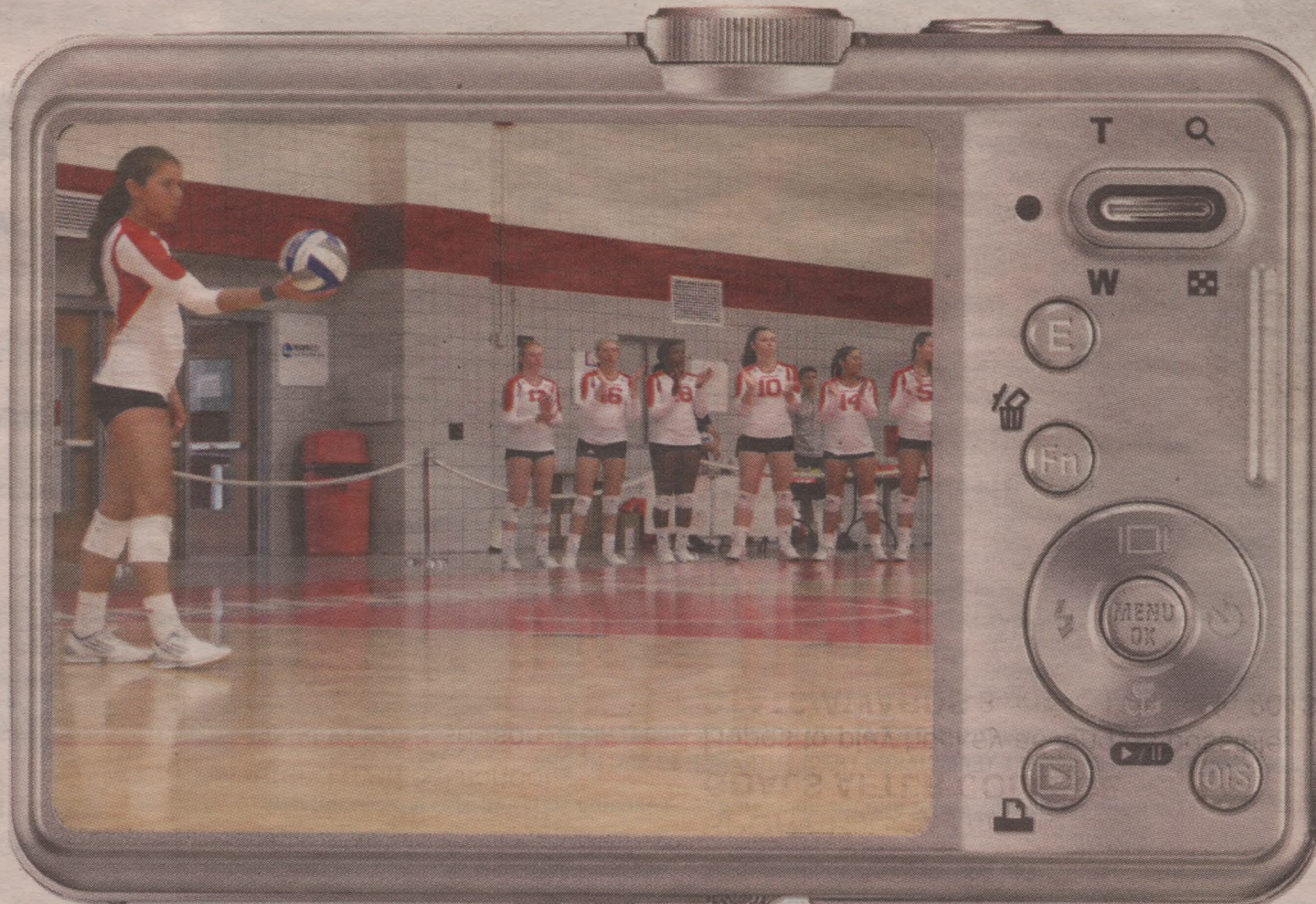
LEFT: THE TEAMS, CHEERLEADERS AND DANCE TEAM PARTICIPATED IN A FLASH MOB TO KICK OFF SHU HOOPS. RIGHT: CHEERLEADERS GET THE CROWD EXCITED FOR SHU HOOPS AND THE UPCOMING SEASON.



Sports

“We have to play with a chip on our shoulder.”
-Mark Nofri, Football Head Coach

PHOTO of the WEEK:



THE SPECTRUM/SEAN ELLIOTT

PLAYERS of the WEEK

ALEXIS PARLATO

HOMETOWN Center Moriches, New York

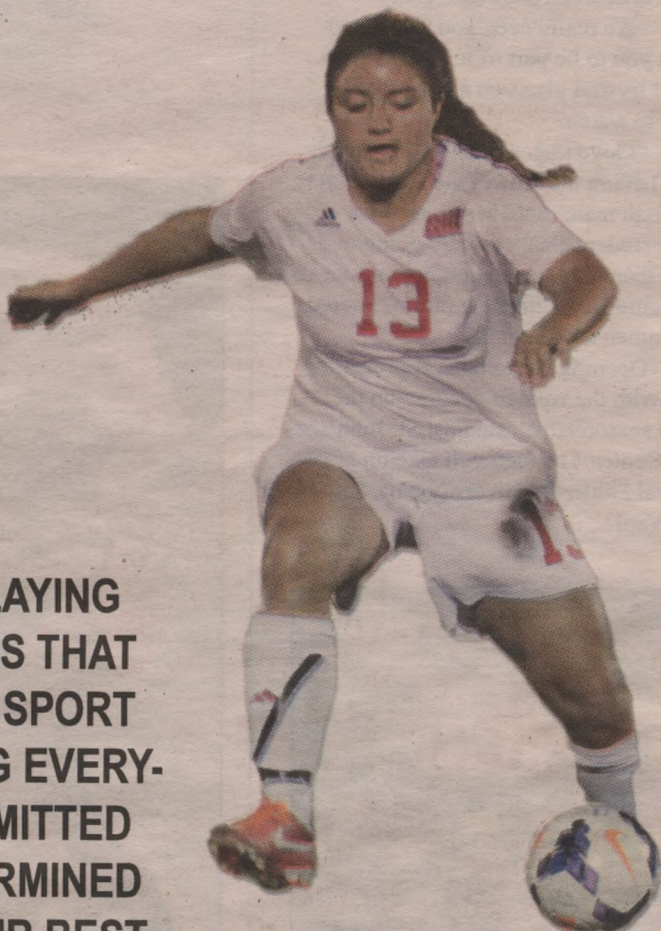
YEAR Sophomore

MAJOR Undecided

SPORT Soccer, Forward

GOALS AFTER COLLEGE Attend medical school

STATS/AWARDS 4 goals, 1 assist in 2013 season.



DREW GEORGE

HOMETOWN Regina, Saskatchewan

YEAR Junior

MAJOR Accounting

SPORT Hockey, Forward

GOALS AFTER COLLEGE

Hopes to play hockey as long as possible.

STATS/AWARDS 3 goals, 1 assist in 2013.

“PLAYING AGAINST
SOME OF THE
BEST PLAYERS
AND A CHANCE
TO TRAVEL THE
COUNTRY, IT IS AN
INCREDIBLE
EXPERIENCE.”



THE SPECTRUM/SEAN ELLIOTT

“I LOVE PLAYING
WITH GIRLS THAT
LOVE THE SPORT
AND HAVING EVERY-
ONE COMMITTED
AND DETERMINED
TO DO THEIR BEST
FOR THE TEAM.”